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ABSTRACT

This book compiles statements by young people (mostly from the United States) describing the primary issues they face as adolescents and how they cope with them, and incorporates a range of expert information to respond to these concerns. Chapters are: (1) "Body," covering topics of acne, body image, dieting and eating disorders, disabilities, illness and injuries, men's health, violence prevention, and women's health; (2) "Feelings," covering anger, assertiveness, communication skills, conflict resolution, depression, grief, love, mental illness, self-esteem, shyness, stress management, and suicide prevention; (3) "Sexuality," covering abortion, anatomy/puberty, birth control, child abuse, the "double standard," homosexuality, masturbation, teen parenting, rape and abuse, STDs and AIDS, and when to make love; (4) "Drugs," discussing alcohol, cigarettes, illegal drugs, parents who are drug addicted, and techniques to change unhealthy habits; (5) "Family," covering adoption, child abuse/neglect, domestic violence, death, divorce, family fun, poverty, runaways/foster care, siblings, and stepfamilies; (6) "Peers," exploring abuse in dating, cliques, gangs, homosexuality, love, put-downs and bullies, understanding the other sex, and youth publications; (7) "School," covering advice about how to succeed, dropouts, employer/school relationships, ethnicity, international education, latchkey students, reform models, sexism, sexual harassment, and violence prevention; (8) "Good Grades," covering achieving goals, concentrating in class, essay writing, learning disabilities, learning styles, parent involvement, time management, research papers, and tests; (9) "College," exploring why to go to college, getting into college, financing college, and preparing for the first year; (10) "Work and Money," covering living independently; and (11) "Community," discussing advocacy and activism, city youth programs, environmentalism, feminism, legal rights in regard to police, masculinism, religious programs, and volunteering. Includes an appendix of youth survey results and an index. (WJC)